

BLUE CROSS BROAD STREET RUN: MAY 6

# FINISH FASTER

Running coach John Goldthorp created a comprehensive program to help intermediate runners beat their best time, and personal trainer Ashley Greenblatt offers up stretches to help your muscles and joints move well.

WEEK 1: FEBRUARY 12-18

<p><b>MONDAY</b></p> <p><b>RUN</b> 4 miles with 4x20-second strides</p> <p><b>STRENGTH SESSION</b> See exercise circuit below.</p>	<p><b>TUESDAY - REST</b></p> <p><b>STRETCHES</b> <b>Wide-Legged Child's Pose.</b> Kneel on the floor with knees positioned wider than shoulders. Drop your hips back until your glutes rest on your heels. Lower your chest to the floor and stretch your arms in front of you.</p>	<p><b>WEDNESDAY</b></p> <p><b>WARM UP</b> 2 miles</p> <p><b>RUN</b> 4x1-minute hills @ 70-80% effort with jog back recovery</p> <p><b>COOL DOWN</b> 1 mile</p> <p><b>STRENGTH SESSION</b></p>	<p><b>THURSDAY</b></p> <p><b>EASY RUN</b> 4 miles</p>	<p><b>FRIDAY</b></p> <p><b>CROSS TRAIN</b> 30 minutes (Bike, row, yoga, elliptical, etc.)</p>	<p><b>SATURDAY</b></p> <p><b>WARM UP</b> 2 miles</p> <p><b>RUN</b> 2x1 mile @1-hour race pace w/ 3-minute jog recovery</p> <p><b>COOL DOWN</b> 1 mile</p> <p><b>STRENGTH SESSION</b></p>	<p><b>SUNDAY</b></p> <p><b>BRISK WALK</b> 45 minutes to speed recovery</p>
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WEEK 2: FEBRUARY 19-25

<p><b>RUN</b> 4 to 6 miles with 5x20-second strides</p> <p><b>STRENGTH SESSION</b></p>	<p><b>Extended Side Angle.</b> Standing with arms parallel to the floor, step right leg out and turn foot out to the side. Bend at right knee and torso until the fingertips of your right hand graze the ground.</p>	<p><b>WARM UP</b> 2 miles</p> <p><b>RUN</b> 6x1-minute hills @ 70-80% effort with jog back recovery</p> <p><b>COOL DOWN</b> 1 mile</p> <p><b>STRENGTH SESSION</b></p>	<p><b>EASY RUN</b> 5 miles</p>	<p><b>CROSS TRAIN</b> 30 minutes</p>	<p><b>EASY RUN</b> 6 to 8 miles on a hilly route.</p> <p><b>STRENGTH SESSION</b></p>	<p><b>BRISK WALK</b> 45 minutes</p>
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WEEK 3: FEBRUARY 26 - MARCH 4

<p><b>RUN</b> 5 to 6 miles with 5x20-second strides</p> <p><b>STRENGTH SESSION</b></p>	<p><b>Downward Facing Dog.</b> On hands and knees, elevate hips so your body forms a "V." Keeping legs straight, push heels down toward the floor until you feel the stretch in your calves.</p>	<p><b>WARM UP</b> 2 miles</p> <p><b>RUN</b> 8x1-minute hills @ 70-80% effort with jog back recovery</p> <p><b>COOL DOWN</b> 1 mile</p> <p><b>STRENGTH SESSION</b></p>	<p><b>EASY RUN</b> 6 miles</p>	<p><b>CROSS TRAIN</b> 30 minutes</p>	<p><b>WARM UP</b> 1.5 miles</p> <p><b>RUN</b> 4x1 mile @ 1-hour race pace w/ 3-minute jog recovery</p> <p><b>COOL DOWN</b> 1 mile</p> <p><b>STRENGTH SESSION</b></p>	<p><b>BRISK WALK</b> 45 minutes</p>
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WEEK 4: MARCH 5-11

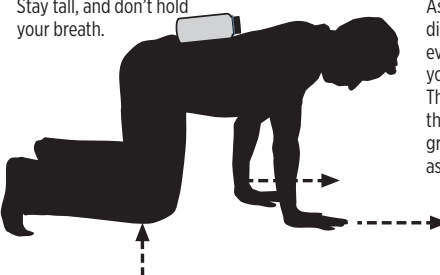
<p><b>RUN</b> 4 miles with 5x20-second strides</p> <p><b>STRENGTH SESSION</b></p>	<p><b>Lying Hamstring Stretch.</b> Lying on your back, loop a towel around right foot, then slowly pull right leg toward your torso until you feel tension. Try to keep both legs straight.</p>	<p><b>WARM UP</b> 2 miles</p> <p><b>RUN</b> 6x1:30-minute hills @ 70-80% effort with jog back recovery</p> <p><b>COOL DOWN</b> 2 miles</p> <p><b>STRENGTH SESSION</b></p>	<p><b>EASY RUN</b> 3 miles or <b>REST</b> if you're feeling sore or overly tired.</p>	<p><b>CROSS TRAIN</b> 30 minutes</p>	<p><b>EASY RUN</b> 7 to 9 miles on a hilly route.</p> <p><b>STRENGTH SESSION</b></p>	<p><b>BRISK WALK</b> 45 minutes</p>
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Follow our 12-week plan, and you'll make it to — and through — the Broad Street Run on May 6. Look for the next training calendar in Health on March 4.


[philly.com/broadstreet](http://philly.com/broadstreet)

**STRENGTH CIRCUIT** Perform the following exercises 3 times, resting as needed.

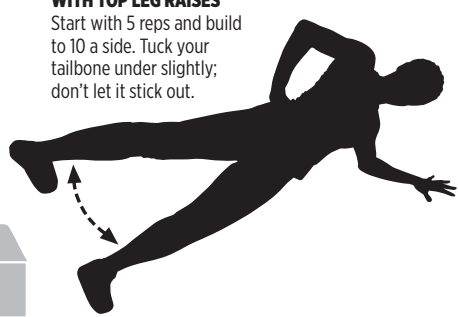
**LEOPARD CRAWL WITH A WATER BOTTLE**  
30-45 seconds. Stay tall, and don't hold your breath.



**LATERAL STEP DOWN**  
8-10 reps a side. As you descend, distribute weight evenly through your entire foot. Then strongly push the foot into the ground to stand up as tall as possible.



**SIDE PLANK ON ELBOW WITH TOP LEG RAISES**  
Start with 5 reps and build to 10 a side. Tuck your tailbone under slightly; don't let it stick out.



**FORWARD LUNGE**  
8-12 reps a side. Push through the entire foot to return to the starting position. Think about pushing the floor away.

